



WHATSheATE



Pappardelle with Squash, Mushrooms, and Spinach

READY IN



25 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 0.5 cup butter divided (1 stick)
- ☐ 3 cups cubes butternut squash (from 1-pound squash)
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 8 ounces mushroom caps fresh stemmed sliced
- ☐ 0.8 cup parmesan cheese divided grated
- ☐ 12 ounces fettuccine pasta

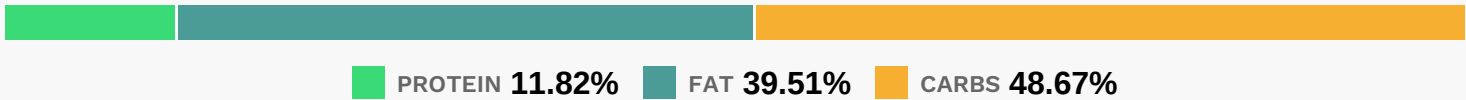
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, melt 1/4 cup butter in large skillet over medium-high heat.
- ☐ Add squash and cook until almost tender, stirring often, about 6 minutes.
- ☐ Add mushrooms, sage, and remaining 1/4 cup butter; sauté until mushrooms are soft and squash is tender, about 8 minutes.
- ☐ Add spinach; stir until wilted, about 2 minutes. Stir in 1/2 cup cheese. Season with salt and pepper.
- ☐ Add pasta to sauce in skillet. Toss to coat, adding pasta cooking liquid by 1/4 cupfuls if dry.
- ☐ Sprinkle with 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:26.48, Inflammation Score:-10, Nutrition Score:38.114348090213%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 675.87kcal (33.79%), Fat: 30.18g (46.43%), Saturated Fat: 17.83g (111.46%), Carbohydrates: 83.64g (27.88%), Net Carbohydrates: 76.46g (27.8%), Sugar: 6.11g (6.79%), Cholesterol: 77.32mg (25.77%), Sodium: 553.09mg (24.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Copper: 7.28mg

(363.79%), Vitamin A: 15355.7IU (307.11%), Vitamin K: 174.71µg (166.39%), Selenium: 64.71µg (92.44%), Manganese: 1.68mg (84.01%), Phosphorus: 402.78mg (40.28%), Vitamin C: 32.01mg (38.8%), Magnesium: 131.07mg (32.77%), Folate: 121.75µg (30.44%), Calcium: 291.79mg (29.18%), Fiber: 7.18g (28.72%), Potassium: 980.26mg (28.01%), Vitamin B6: 0.53mg (26.69%), Vitamin B3: 5.19mg (25.94%), Vitamin E: 3.08mg (20.53%), Zinc: 3.01mg (20.05%), Vitamin B2: 0.34mg (19.95%), Iron: 3.38mg (18.75%), Vitamin B5: 1.75mg (17.52%), Vitamin B1: 0.23mg (15.39%), Vitamin B12: 0.3µg (5.02%), Vitamin D: 0.32µg (2.14%)